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COFFEE PERK
JOLT OF JOE KEEPS THE BLUES AWAY {page 19}

BOWLED OVER
HURLEY TO WED CRICKETER
DISH {page 18}

CALGARY metro®
Tuesday, October 4, 2011
www.metronews.ca
News worth sharing.

Teachers, get ready

- Premier-designate Redford has pledged to hand $107 million back to school boards
- Calgary Catholic School District looks at bringing back teaching positions lost last spring

JEFF MCINTOSH/THE CANADIAN PRESS

▶ Premier-designate Alison Redford holds a news conference in Edmonton on Sunday. Redford has pledged to hand back all the money cut from this year's school-board budgets within 10 days of being elected.

Alberta school-board representatives are sharpening their pencils and preparing to get down to work on reinvesting $107 million into classrooms, with the prime focus being on adding teachers.

Premier-designate Alison Redford, who took hold of the provincial reins early Sunday, has pledged to hand back all the money cut from this year's school-board budgets within 10 days of being elected.

Now the Calgary Board of Education is looking to parents for input on how to handle the cash infusion.

Trustee Carol Bazinet said, although promising, details on how the money will be delivered have not been released.

"We are not going to get $60 million," she noted, referring to the CBE's publicized shortfall during budget negotiations last spring. "There are still a lot of moving parts."

The Calgary Catholic School District is also looking at the possibility of bringing back numerous positions lost during budget negotiations in the spring, said board of trustees chair Serafino Scarpino.

"I am sure administration is working towards refilling those positions," he said yesterday. "We are extremely pleased with the whole situation."

Bruce Pettigrew, board chair of the neighbouring Rocky View Schools division, said parents can rest assured that students will be top of mind in the weeks ahead. His division grew by as many as 400 students this year.

"This money is going to be so well received," he said.

JEREMY NOLAIS

Your input

- To provide input on funding priorities for the Calgary Board of Education head to surveymonkey.com/s/CBEfunding and fill out the survey.
- Some school boards, like the Calgary Catholic School District, may actually look at hiring over and above the teaching positions slashed in the spring, says representative Serafino Scarpino.

Transit

Passing by their homes

▶ Two families say the new LRT tracks are dangerously close to their homes ▶ Mulling moving away {page 3}

Free to go back to U.S.

Court throws out Knox's murder conviction {page 10}

Pushing for milk bank

Edmonton woman pumps up the pressure to create depository for breast milk {page 8}

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Police tried to arrange gang peace: Officer

Police attempted to broker a truce between two rival gangs in the city prior to a triple homicide in 2009, a court heard yesterday.

Acting Staff Sgt. and former head of the Calgary police's gang intelligence gathering unit Gord Eiriksson said the police tried to issue warnings when information was gathered that alleged gang members might be in danger of being killed.

Eiriksson testified in the case against Nathan Zuccherato, 25 and Michael Roberto, 27, accused in the murders of Sanjeev Mann, Aaron Bendle and innocent bystander Keni Su'a at the Bolsa Vietnamese restaurant on New Year's Day 2009.

METRO

Worker claims he was bear-sprayed

A witness in the trial of Dustin Paxton reportedly told a Calgary court yesterday that the accused bear-sprayed him.

Paxton, 31, is currently on trial for allegedly holding his former roommate hostage and torturing him before dropping him at a Regina hospital in April 2010.

A former employee of Paxton took the stand and said he was sprayed by him during an argument, according to reports.

METRO

JEREMY NOLAIS/METRO

▶ Razia Mornirshah is seen on Martindale Boulevard with three of her four children, including her youngest, Shams, who she says has become curious about the LRT tracks built near their home.

LRT tracks too close for mother's comfort

Residents say they believed the new extension would run underground

JEREMY NOLAIS
@METRONEWS.CA

Two Calgary families say an LRT surface-crossing built metres from their homes has them looking for new places to live.

When completed, the northeast LRT extension will see service reach to the outlying communities of Martindale and Saddletowne. But to get there C-Trains will run right across Martindale Boulevard, where many children play, said mother of four Razia Mornirshah, who lives just one house over from the crossing.

"I'm worried the train will kill my kids," she said.

Even during a five-minute meeting Sunday, Mornirshah's youngest, three-year-old Shams Shamsuddin, ran over to investigate the surface-crossing installation twice.

Chris Jordan, Calgary Transit's co-ordinator of strategic transit planning, said the plan has always been to run the LRT above ground, and the community has been consulted.

"Some responsibility for safety at crossings is shared by the public," he added.

Mornirshah, meanwhile, is considering a move, and her neighbour, MD Hakim, says he is actively looking for a new residence, due in large part to the crossing.

"They may have a gate there (at the crossing) but he won't understand that," Hakim said, motioning to his seven-year-old son. "I am so disturbed by this."

Plans on track

1. Calgary Transit spokesperson Chris Jordan said more public-education initiatives are planned prior to the line's opening.
2. Standard safety measures will be featured at the crossing.
3. Plans for LRT expansion began in 1984, and the project was formally announced by city council in 2007.

1 news

Look close enough at a college student's Facebook profile, and you might find evidence of a drinking problem. Scan code for story.

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On the web at metronews.ca

Allan Small sees potential for a market rally during the coming earnings-report season. More at metronews.ca.

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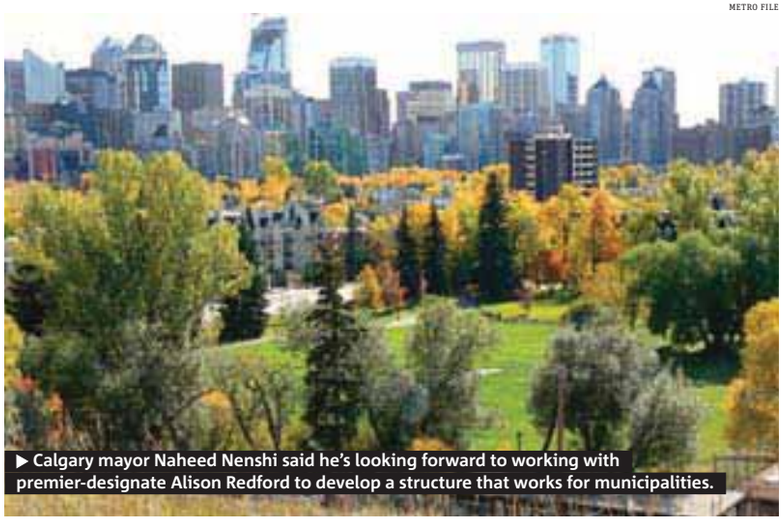
METRO FILE



▶ Calgary mayor Naheed Nenshi said he's looking forward to working with premier-designate Alison Redford to develop a structure that works for municipalities.

Redford gets city issues, Nenshi says

Says he has formed a 'very good relationship' with Redford prior to the election ◗ Redford's responses to mayor's survey can be found at citiesmatter.ca

KATIE TURNER
@METRONEWS.CA

Calgary's mayor is looking forward to working with premier-designate Alison Redford to change the relationship between the province and cities.

Last month, Nenshi's office launched a website called Cities Matter where they posted responses to a survey on city issues from the PC party leadership candidates.

In her response, Redford stated plans to give municipalities additional decision-making power and more control over generating and spending revenue.

12 In the mayor's survey to leadership candidates, there were 12 questions related to some of the issues facing Calgary and other cities in Alberta.

"I'm happy to have a premier-designate who is a Calgarian, who understands the importance of big cities," said Nenshi yesterday.

"I'll note that she responded to our survey by saying that she's in favour of city charters for Calgary and Edmonton, and that is probably the single most important thing we can do to ensure the future of our two big cities.... I look forward to working on that."

Kim Krushell, an Edmonton councillor and a representative for the Alberta Urban Municipalities Association, said she's encouraged by Redford's commitments but is waiting to see what comes of it.

"All three leadership candidates said that they would take this seriously but you know what? Actions speak louder than words."

Calls to Redford were not returned by press time.

Protesters, police prepare for Occupy Calgary

JEREMY NOLAIS
@METRONEWS.CA

Calgary police are keeping a watchful eye on locals planning their own version of a rally that saw 700 people arrested over the weekend in New York.

Occupy Calgary is scheduled for Oct. 15, but an exact location has yet to be determined. The purpose of the event, like many others planned around the world, will be to shed light on global disparity and provide a voice for dissatisfied people.

"History is happening right in front us right now," said Paul Hughes, who plans to participate in the Calgary rendition. "There is a sense that people are upset, distraught, not pleased."

Calgary police Staff Sgt. Kevin deVillenfagne said the major events unit is actively monitoring Occupy Calgary preparations and will make tactical decisions appropriately prior to the event. "We are certainly going to allow people to collect and express their views," he said.

FACEBOOK

▶ The Occupy Calgary logo

Event details

- Late yesterday, Occupy Calgary already had roughly 360 people on its Facebook page claiming they will attend the Oct. 15 event.
- The location for the event has been put to a public vote, with the choices being outside Bankers Hall, at Olympic Plaza or neither.
- Calgary police Staff Sgt. Kevin deVillenfagne said that depending on the number of planned participants, officers could meet with Occupy Calgary organizers in the days leading up to the event.
- For more on the Occupy events, visit occupytogether.org.

Beltline shooting victim identified

Police have identified the individual killed in a southwest Calgary shooting over the weekend but say a second individual harmed in the incident is not co-operating with their ongoing investigation.

Mead Abdillahi Ousman, 22, had been living in Calgary for the past few years prior to the discovery of his body in the 800 block of 16th Avenue Southwest around 4:30 a.m. Sunday, said Staff Sgt. Grant Miller.

"We are still trying to determine what the exact motive is," Miller said.

Both Ousman and the second individual are known to police for past crimes, he added.

Investigators still believe 15-20 individuals were in the area attending an after-hours party around the time of the incident. Anyone with information is asked to come forward. JEREMY NOLAIS

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BUDGET

Plenty left in city's snow bank

With one-third of the snow-and-ice budget left to spend on the latter part of the year, a city spokesperson said the roads department is on track to staying within their budget.

Council approved a 2010-2011 budget of $34.7 million, $23.3 million of which was spend in the first part of the year, according to roads spokesperson Tara Norton-Merrin.

"We don't have nearly as big of snow storms, it seems, prior to the New Year," said Norton-Merrin.

"We might get one big one but usually the worst weather is January, February, March and that's usually where the chunk of our budget is spent."

$11.4M According to council, out of a $34.7 million snow- and-ice budget in 2010-2011, the city has $11.4 million left over for the rest of the year. Roads spokesperson Tara Norton-Merrin said this should be sufficient until January given the pattern of weather over the last few years.

She said it's impossible to predict what the winter will bring.

But based on previous years, the remaining $11.4 million should be sufficient.

"It doesn't look like we're going to run out of money," she said. "Hopefully we'll have two months of snow before the end of year. Like I said, with $11.4 million left we're in good shape."

KATIE TURNER

Calgary dines on Eat Street

- First-time Food Network program Eat Street has ventured to Calgary
- Three of the city's food trucks will be featured on the program

METRO FILE

▶ From left, John Jackson, Connie DeSousa and Mike Batke of Alley Burger will be taping for the Food Network show Eat Street later this week. DeSousa is no stranger to the Food Network, having placed third on Top Chef Canada.

KATIE TURNER
@METRONEWS.CA

Soon, locals won't be the only ones salivating over Calgary's food-truck fare.

Fries & Dolls, Alley Burger and the Perogy Boyz will be taping for the Food Network show Eat Street this week.

"We're so excited," said Jason Krell of Perogy Boyz.

"We're already feeling so overwhelmed by all the great response that we get. I think that, if anything, this will just share the Perogy Boyz with the rest of Canada and the States."

Calgary food blogger Dan Clapson, who will also be interviewed during the taping, said it's great that the vendors are being recognized, especially since food trucks are a fairly new phenomenon in the city.

"The majority of the trucks featured on the show are from the U.S., so it's cool that they're taking the time to come to Calgary."

The Perogy Boyz will be filming on Thursday at Central Memorial Park between 12 p.m. and 2 p.m. while Fries & Dolls are taping on Wednesday and Alley Burger on Friday.

Takeaway

- The episodes taped in Calgary will air at some point during the third season of the show.
- Season 2 of Eat Street features 52 vendors from 20 different cities in North America.
- There is also an Eat Street app, which helps connect hungry people with nearby food vendors.
- Food fanatics are encouraged to visit the food trucks during the tapings.

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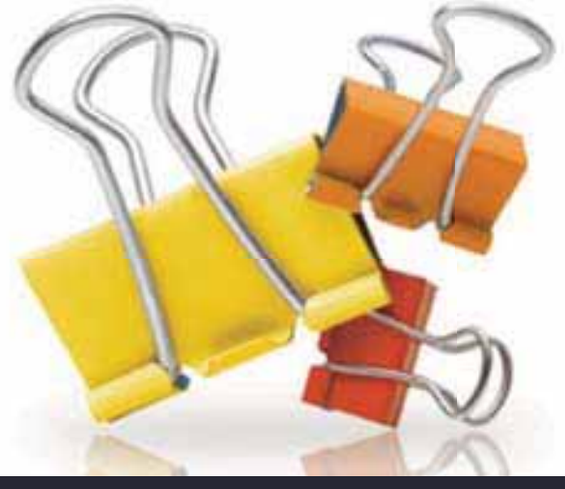

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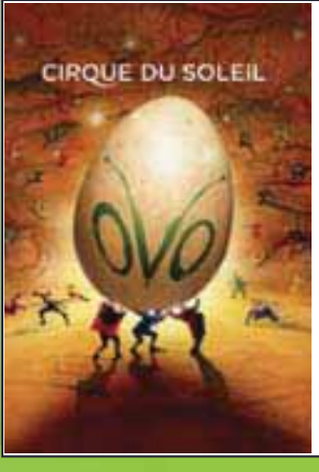

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News in brief

MATT SAYLES/THE ASSOCIATED PRESS FILE

▶ Gene Simmons and Shannon Tweed

Simmons, Tweed wedding benefits SPCA

DONATIONS. The Saskatoon SPCA says it is $5,700 richer thanks to the wedding of reality TV star Shannon Tweed and Kiss rocker Gene Simmons.

The couple wed in Beverly Hills, Calif., on the weekend and, instead of setting up a gift registry, asked guests to consider donating to the SPCA. Tweed, a former Playboy model born in Newfoundland, was raised in Saskatoon. **THE CANADIAN PRESS**

Berlusconi aides face trial

INDICTED. A Milan judge yesterday ordered three aides to Premier Silvio Berlusconi to stand trial on charges they allegedly recruited a Moroccan girl and several women for prostitution.

All three have denied wrongdoing.

The trial begins Nov. 21. **THE ASSOCIATED PRESS**

Massacre site opens to media

NORWAY. Norway opened the island of Utoya to journalists yesterday, the first time since confessed mass killer Anders Behring Breivik massacred 69 people at a youth camp in July, with the ruling Labour Party vowing to ensure its idyllic retreat transcends tragedy. **THE ASSOCIATED PRESS**

Got (breast) milk?

- Petition latest push in Alberta for human-breast-milk bank
- Would be used for pre-term babies, moms who can't produce milk: RN

HEATHER MCINTYRE
@METRONEWS.CA
METRO CANADA IN EDMONTON

Support for a human-breast-milk bank in Alberta is growing, and an Edmonton woman is doing what she can to pump it up even further.

Erie Melnyhchuk, a registered nurse (RN) and lactation consultant, began advocating last year and started a petition last week, though she noted it's a long process, due to the need for funding, space and government support.

"We would be using the breast-milk bank for preterm babies and if mothers couldn't produce milk," Melnychuk said. "I know there are needs for that."

Natasha Chiam agrees.

"My first son was a preemie, so we spent just about three weeks in (the neonatal intensive-care unit)" said Chiam. "I was able to pump enough milk for him, but had I not been able to, I would have chosen it over formula."

But Natasha Proulx, mom to one-year-old twins, isn't so sure.

"I tried to nurse and ended up using formula," she said. "I would want any breast milk to come from me, not another mom. I know it's tested but I still might feel uncomfortable."

For now Melnychuk plans to use the petition to continue to garner more support.

HEATHER MCINTYRE/METRO

▶ Erie Melnychuk poses with two bags of her frozen breast milk.

Milk sharing

- There is currently only one human-milk bank in Canada, located in Vancouver.
- The Petition for Public Interest in a Human Milk Bank in Alberta, online at petitiononlinecanada.com, had more than 200 signatures yesterday afternoon.
- The Facebook group Human Milk 4 Human Babies — Alberta is a popular way to share breast milk.

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Knox going home

Italian appeals court clears American student of murder conviction Orders her immediate release

An Italian appeals court threw out Amanda Knox's murder conviction yesterday and ordered the young American freed, a stunning reversal four years after she was jailed for the death of her British roommate.

Reports say she left prison late last night and will fly home to Seattle with her family today.

Knox, 24, collapsed in tears after the verdict overturning her 2009 conviction was read out. Her co-defendant, Italian Raffaele Sollecito, also was cleared of killing 21-year-old Meredith Kercher in 2007.

The eight-member jury acquitted both Knox and Sollecito of murder after a court-ordered review cast serious doubts over the main DNA evidence linking the two to the crime.

PIER PAOLO CITO/THE ASSOCIATED PRESS

▶ Amanda Knox cries in court yesterday.

The judge upheld Knox's conviction on a charge of slander for accusing bar owner Diya "Patrick" Lumumba of carrying out the killing. He set the sentence at three years, meaning for time served. Knox has been in prison since Nov. 6, 2007.

The Kercher family looked on grimly and a bit dazed as the verdict was read out by the judge after 11 hours of deliberations. Outside the courthouse, some of the hundreds of observers shouted "Shame, shame!"

Earlier yesterday, Knox tearfully told the court she did not kill her roommate.

"I've lost a friend in the worst, most brutal, most inexplicable way possible," she said of the 2007 murder of Kercher, who shared an apartment with Knox when they were both students in Perugia. "I'm paying with my life for things that I didn't do."

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Tensions. Rising

▶ Palestinians hold pictures of their relatives being held in Israeli jails during a protest calling for their release in the West Bank city of Nablus yesterday.

NASSER ISHTAYEH/THE ASSOCIATED PRESS

Fires fuel controversy

Tensions in the region escalated yesterday after arsonists torched a mosque in an Arab village in northern Israel. Graffiti sprayed at the site suggested Jewish radicals, suspected in other recent mosque fires, were involved.

New York mayor grilled at fraud trial

Mayor Michael Bloomberg testified yesterday against a former campaign operative accused of bilking him out of more than $1 million, then underwent hours of cross-examination by a defence lawyer who questioned whether he had skirted the law himself.

"He promised things that he didn't do," Bloomberg said of John Haggerty, who is accused of persuading the mayor and his staff to finance an expansive poll-monitoring initiative that never materialized, then using most of the cash to buy himself a house.

The defence has sought to paint a picture of Bloomberg as a high-rolling candidate surrounded by privileged insiders who skirted ethics rules.

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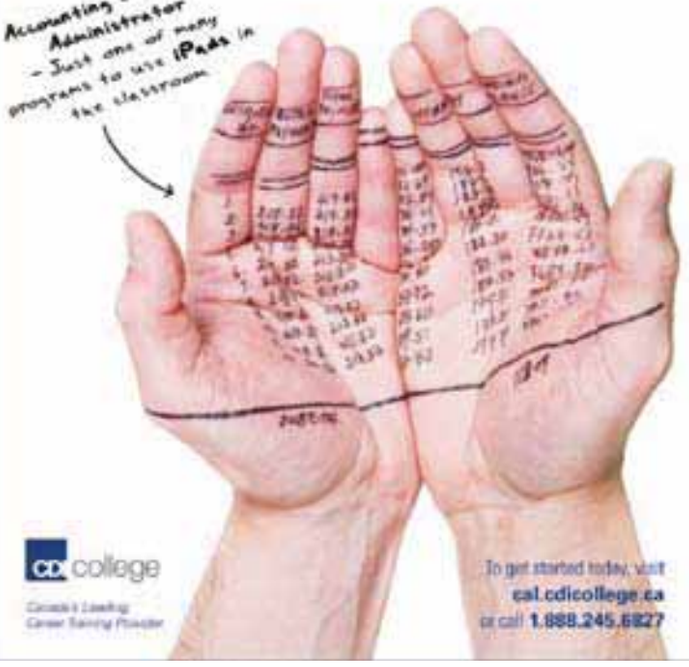

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Apple fans amped for new iPhone

Company expected to unveil iPhone 5 today First upgrade of the popular smartphone since June 2010

Apple Inc. is expected to announce a new, more powerful version of its wildly popular smartphone today.

And as in the past, consumers are likely to clamour for it. Apple analyst Tim Bajarin says the company could sell more than 25 million iPhones during the holiday quarter, which would be well above the 16.2 million it sold during the holidays last year.

"There's huge pent-up demand for this," Bajarin said.

The first iPhone was launched in 2007, and its slick looks, high-resolution screen and intuitive software made it a winner from the start.

39M

From January to June of this year, Apple sold 39 million iPhones.

The new iPhone is expected to have a number of changes, the biggest of which will likely be the inclusion of Apple's latest iOS mobile software, iOS 5. It includes wireless device setup and content synching as well as beefed-up camera, email and Web-browsing apps.

The phone is also expected to have Apple's forthcoming iCloud service, which stores music, documents, apps and photos on Apple servers and lets users access them wirelessly on numerous devices. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. YESTERDAY

TSX	Dollar
-372 (11,251.84)	- 0.26¢ (95.14¢ US)
Oil	**Natural gas** 1,000 cu ft $3.617 US (- 4.9¢)
- $1.59 ($77.61 US)	**Gold** $1,657.70 US (+ $35.40)

Flesh. Mob

▶ Protesters dressed as zombies march through the New York financial district yesterday.

JOHN MINCHILLO/THE ASSOCIATED PRESS

'Zombies' attack Wall Street

Activists speaking out against corporate greed showed no sign yesterday of giving up their campaign in New York City, with organizers urging participants to dress as "corporate zombies" and rally against police brutality after the weekend arrests of 700 people. Occupy Wall Street is now in its third week.

Mulling next steps in Greece

Inspectors from the IMF, European Central Bank and European Commission are in Athens this week reviewing reforms to see if Greece qualifies to receive the next 8-billion-euro instalment of its 110-billion-euro bailout. Without it, Greece will run out of funds to pay salaries and pensions in mid-October. THE ASSOCIATED PRESS

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THIS BARISTA'S CUP IS STILL HALF FULL

SHE SAYS ...

JESSICA NAPIER
METRO

After high school, I sunk six years and thousands of dollars into post-secondary education. And yet, I managed to learn some of life's greatest lessons from behind the counter at a local coffee shop.

For four years I worked evenings and weekends slinging cappuccinos for $6.25 an hour and actually loved almost every minute of it. Sure my hair permanently smelled of Guatemalan dark roast, but as far as part-time jobs go, being a barista is a pretty good gig. I enjoyed an endless supply of free coffee (an integral component in my scholarly success) and made a series of interesting new friends I might never have met otherwise. And while a large percentage of my fellow employees were the Hipster Barista meme personified, they were always happy to share the last piece of lemon poppy-seed cake or make me a mix CD.

"I taught myself how to identify the exact moment milk starts to burn using only my sense of smell and the caloric value of bran muffins vs. regular (hint: not as much as you'd like to think). I learned that accessories are a uniformed-employee's best friend and that I can drink exactly three double shots of espresso before experiencing heart palpitations."

I certainly wasn't the best barista in town — my latte art always ended up looking like a Jackson Pollock abstraction rather than a perfectly swirled leaf — but over the course of my coffeehouse tenure, I learned some pretty neat things. I taught myself how to identify the exact moment milk starts to burn using only my sense of smell and the caloric value of bran muffins vs. regular (hint: not as much as you'd like to think). I learned that accessories are a uniformed-employee's best friend and that I can drink exactly three double shots of espresso before experiencing heart palpitations.

But the most important lesson I learned in those barista years is this: people are pretty rude, especially before they've had a cup of coffee.

They say the customer is always right; this is true about 50 per cent of the time (I'm being generous here). The other 50 per cent of the time you just have to fake it. And so I happily smiled through strings of obscenities and personal insults, apologized when I wasn't at fault and prepared new drinks for those who had ordered incorrectly to begin with.

Working in the coffee shop wasn't really about mastering the roasting scale or brewing techniques; it was about standing on your feet and taking customer abuse for 10 hours a day without letting it crush your soul. Underpaid and overworked, I know just how difficult life can be on the other side of the counter and I'm a better person for it.

Read more of Jessica Napier's columns at metronews.ca/shesays

Register at metropolitanpanel.ca and take the quick poll

Should the sale and distribution of raw milk be legal?

Local tweets

- **@DNoltz:** Great day in the #YYC!! Loving airports and near death experiences! #hype
- **@ddaanniikkaa:** #YYC you're looking mighty fine today with your autumn hues and warm sunbeams! Let's keep the warmth as long as possible.
- **@accretecrumble:** New bike lane on 10th St. today, and new female human rights lawyer premier. Is Calgary becoming the city I've always wanted it to be? #yyc
- **@RobbinReay:** Dear Calgary- thank you for being happy today. :) #yyc
- **@jayemkayem:** Got so cold in #yyc all of a sudden. I need to grow a layer of blubber for the winter season.
- **@michelehelmessy:** Alright #yyc. Your favorite resident is back...and ringin the bell, rockin on the mic while the fly boyz yell.. #iceicebaby
- **@CecileTherrien:** Wow thanks #yyc for not locking up the crazies, its so awesome being punched by a crazy man for no reason.

Letters

What's life all about? I have to wonder, when even physicists, like the late John Wheeler can say: "We do not know the first thing about the universe, about ourselves, and about our place in the universe."

But some people seem to know it all, like Christopher Hitchens, author of God is not Great, and Richard Dawkins, author of The God Delusion, who most likely spawned the new militant-atheist movement.

We live in, and are surrounded by, countless fantastic natural phenomena. Would any person or scientist believe in the metamorphosis of the butterfly if it weren't an established fact? No.

Why, then, are we forced and encouraged to spend our short life as money-making and hoarding-machines and other trivial pursuits that are designed by those, what I called previously the "Self Appointed Elite."

I'm ashamed to witness the daily lies, deceptions and stupidities in politics and business.

Humanity needs a new vision: it has to be created by open-minded thinkers.

GUNTHER OSTERMANN, B.C.

Open. Wide

▶ A performer puts his head inside a crocodile's mouth to retrieve some money at Samutprakarn Crocodile Farm in Bangkok.

RICHARD JONES / SINOPIX/REX FEATURES

Photo of the day

The fearless teen slipped his head inside the croc's huge mouth, perilously near two rows of fearsome razor-sharp teeth. It was no mean feat, considering a crocodile's jaw is the strongest of any living animal, including the great white shark.

WEIRD NEWS

Drink your words

MORSKOIBOY.COM

If you ever wondered what words taste like, now you're in luck. Misha Volodin from St. Petersburg, Russia, a 30-year-old music-shop clerk by day, disc jockey Morskoiboy by night, spent his after-work hours building a contraption that mixes cocktails by typing on a keyboard.

Metro asked him how it works:

"Behind each of the letter keys is a syringe pump, filled with your choice of liquid. When you press a key, its letter lights up on the screen. But instead of using liquid crystals, as in other electronic displays, my machine's display functions via multicoloured syrups and liquids. Yes, this machine converts words into cocktails.

"Attached in the back of the keyboard, there are slots for the bottles with coloured beverages in them. There are 26 slots altogether, one for each letter of the Latin alphabet. When a syringe stem goes up, liquid is taken from the bottle connected to it. There are 136 tubules inside, equaling about 30 metres of tubes and pipes."

METRO WORLD NEWS

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Scene in brief

The Bluth family's frozen banana stand may be back in business. At an Arrested Development reunion Sunday at the New Yorker Festival, the creators and cast announced plans for a new TV show that spins off the short-lived but critically acclaimed TV show, which went off the air in 2006 after just three seasons. They also discussed more concrete plans for a much-awaited movie.
THE ASSOCIATED PRESS

Andy Rooney considers himself lucky as he ends weekly 60 Minutes run after 33 years.

A real horror show

FX set to premier American Horror Story ◐ Does this haunting homage have staying power?

HANDOUT

American Horror Story is a new twist on the time-honoured story of an unsuspecting family taking up in a haunted house.

Just when you needed it, the FX network is throwing American Horror Story at you.

To judge from its first two episodes, it's a robust diversion from the real-life droughts and hurricanes, joblessness and political stalemate that were already giving you the willies. It aspires to be The Shining-meets-Rosemary's Baby, with Carrie and Don't Look Now tossed in.

But more than a dead-on horror show, it's a homage to cinematic spookery. And a good one. In short, American Horror Story doesn't really scare you. It just gets in your head. The big unknown: Is it wily enough to stay there, week after week?

Alert: Spoilers coming up — which is another way of saying you might just as well apply the time you'd spend reading this to watching the premiere and then making up your own mind. You'll find it a memorable experience, at least.

From the fertile imaginations of Ryan Murphy and Brad Falchuk (Glee, Nip/Tuck), American Horror Story has a premise that is simple and time-honoured: A haunted house is occupied by a likable, remarkably unsuspecting family.

Ben Harmon (played by Dylan McDermott) is a Boston psychiatrist who has been caught cheating by his wife, Vivien (the wonderful Connie Britton of Friday Night Lights). She already was reeling from a late-term miscarriage. They need to make a fresh start. They and their teenage daughter, Violet (Taissa Farmiga) pull up stakes and head cross-country for Los Angeles.

FX comes to Canada

American Horror Story will air on FX Canada, which will launch on Nov. 1 as a digital service.

"This place is our second chance," Ben tells Vivien, whose forgiveness he desperately seeks — if for no other reason than because she hasn't slept with him for almost a year.

This place, the family's new homestead, is a looming "classic L.A. Victorian from the 1920s," according to the real-estate agent showing them around. But it seems more like a vestige of Monster Chiller Horror Theater, a domicile whose past residents have, of course, died gruesomely.

Sold!

If the elements of this horror story seem second-nature, they take the form of striking imagery that, at times, makes them as unsettling as they are familiar.

The house, restored from its previous ramshackle condition, retains disturbing artifacts upon which the Harmons will stumble. The house also comes with strange neighbours. Jessica Lange plays Constance, a busybody Southern belle with an even more intrusive daughter, Adelaide, who (like Jamie Brewer, portraying her) has Down syndrome.

With his practice set up in the family home, Dr. Harmon's ill-advised first client is a teen psychopath (Evan Peters), who bonds with the Harmons' troubled daughter after they meet in the bathroom, where she's cutting herself.

That's not all the weirdness in store. Did we mention Moira, the longtime housekeeper (played by Frances Conroy, past matriarch of Six Feet Under)? She's the sort of spectral figure who warns these new owners that the house "has a personality; feelings. Mistreat it and you'll regret it."

The premiere dumps a number of major questions on the audience, including the most fundamental: Why do the Harmons stick around in this crazy house?
THE ASSOCIATED PRESS

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Estes: TV cop meets health food nut

Blue Bloods star Will Estes tracks down bad guys by day, and chills with fresh-pressed juices in spare time

MEREDITH ENGEL
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METRO WORLD NEWS IN NEW YORK

You could say that life's pretty good these days for Blue Bloods star Will Estes.

"I've always loved to be in New York, and I've actually always wanted to play a cop, so this was sort of the culmination of the two for me," he laughs. "If I can't be happy now, there's no hope for me."

Season 2 of the procedural following a family of NYPD officers premiered last month, and Estes tells us his character, Jamie, is going to be taking on some sly new detective work this year. "Early on in the season my character is doing some plainclothes work, trying to see if a bar is serving alcohol to underage minors, and ends up connecting with a guy whose family has connections with organized crime," he says. "It makes me a candidate to try and get closer to an organized crime family, so I'm very looking forward to doing undercover work."

He's also looking forward to more work with his on-screen brother, a Marine-turned-detective played by Donnie Wahlberg.

"I love doing scenes with Donnie because his character's so different than mine," Estes says. "Jamie's a really smart guy. He was lucky enough, smart enough to go to Harvard and graduate with a law degree. He's an interesting counterpoint, I think, to Donnie's character, Danny, [who has a] 'get it done,' humble, bullheaded personality."

Their father and the city's police commissioner is played by Tom Selleck, and Estes says the veteran actor is a a dream to work with. "He's one of the most gracious, professional people that I've ever worked with," he says of Selleck.

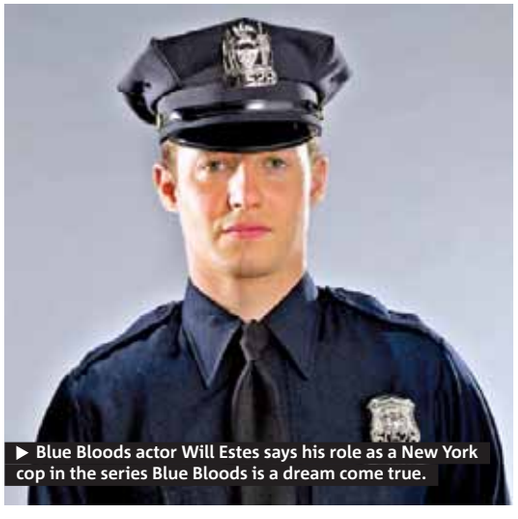
Although he plays a bad-guy-busting cop, Estes enjoys a quiet life off the set.

"I'm such a nerd," he says. "I bought this great juicer and I'm making my own juices at home. It's a whole process. I'm kind of a health food nut."

First a cop, next an entrepreneur? "I thought about opening a bar where people could do shots of raw cold pressed ginger. I think half the fun of doing a shot is it's kinda hard to do, and doing a shot of raw cold pressed ginger is just as hard as doing a shot of tequila. I think there might be a market for it."

BLUE BLOODS AIRS FRIDAY NIGHTS ON CTV.

HANDOUT PHOTO



▶ Blue Bloods actor Will Estes says his role as a New York cop in the series Blue Bloods is a dream come true.

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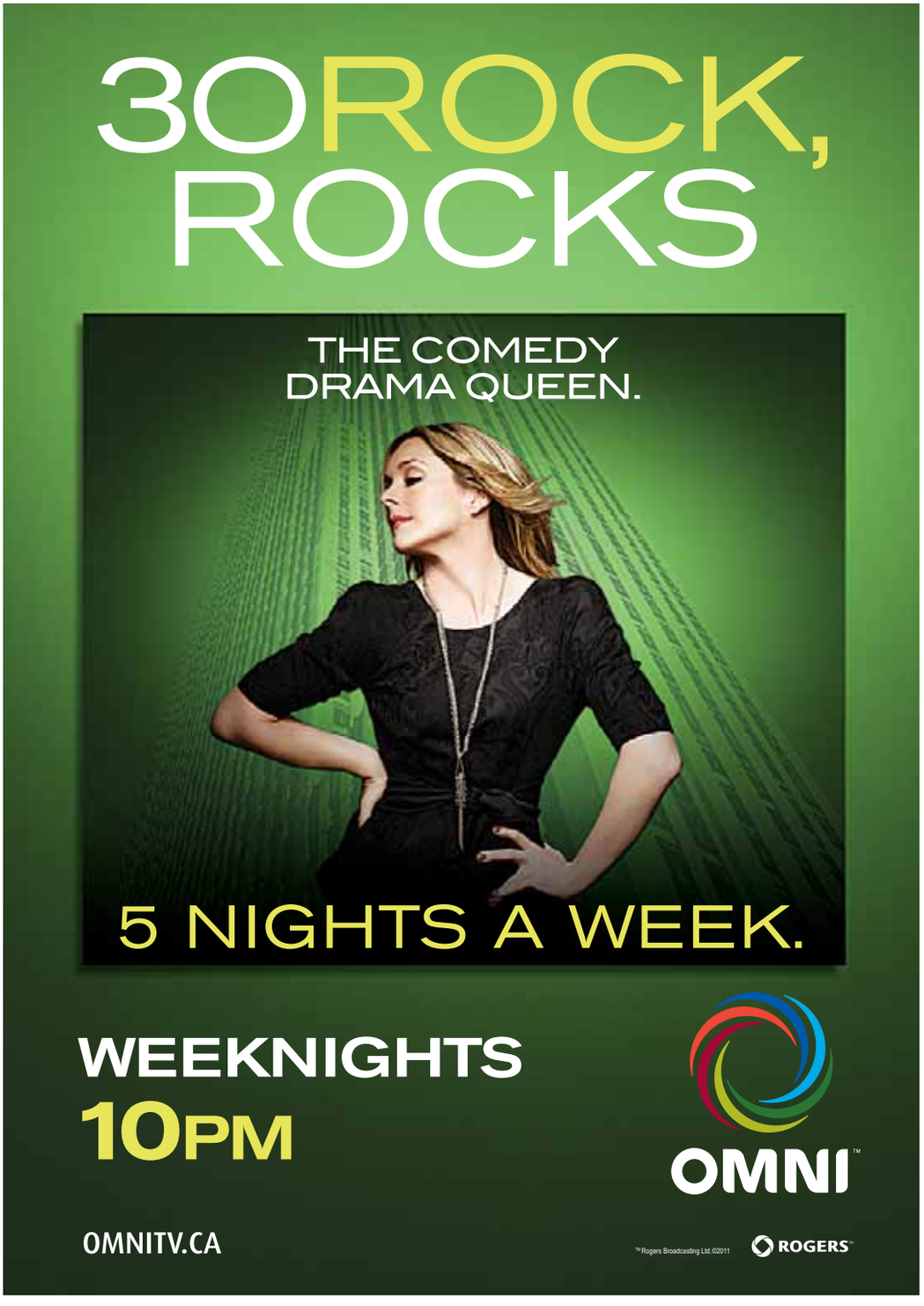

MATT CARR/GETTY IMAGES

▶ Seth Rogan

Funny People galore at Rogan's wedding

Seth Rogan celebrated the release of his new film, 50/50, by marrying his longtime girlfriend, writer Lauren Miller, at Kunde Estate in Sonoma, Calif., according to Us Weekly.

"The wedding was more laughs than anything else," a source says of the three-day celebration.

"Every other line was a joke and the crowd couldn't contain their laughter. It was nonstop fun!"

That's not surprising, given that the guest list included Judd Apatow and his wife, Leslie Mann, as well as Jonah Hill, Paul Rudd and the Office star Craig Robinson.

METRO

Martha does what with the door open?

Stewart's daughter releasing book that features some disturbing revelations about domestic diva

MARK VON HOLDEN/GETTY IMAGES

▶ Martha Stewart

Martha Stewart is getting the "Mommy Dearest" treatment from daughter Alexis Stewart in a new memoir, Whateverland: Learning to Live Here, which will be released later this month.

"Martha does everything better! You can't win!" Alexis writes in the book, according to the Daily Mail.

"If I didn't do something perfectly, I had to do it again. I grew up with a glue gun pointed at my head."

Alexis also makes some startling revelations about the domestic diva's hygiene, revealing that Martha "always peed with the door open," according to the book.

"I remember saying, 'You know, now I have friends over! You can't do that anymore! It's gotta stop! My friends' parents don't do it! Give me a break here! I don't feel like being embarrassed! It's exhausting! I'm a kid! Stop!'"

METRO

Celebrity tweets

@JessicaSimpson

What kind of music would y'all want from me on my next album? Thinking about going back to the studio

@oliviawilde

Auto-correct strikes again. My phone turns "fed" into "F'ed" which is awkward when telling my roommate I gave the dog his food.

@RealRonHoward

Bryce is directing up a storm Even preggers

@AlbertBrooks

Watching Michael Jackson trial. I say O.J. is guilty.

Hurley engaged to cricketer

With her divorce from Arun Nayar finalized in June, Elizabeth Hurley is ready for marriage again.

The actress is now engaged to cricket player Shane Warne, the happy couple confirmed on Twitter.

"Shane Warne has confirmed his engagement to actress Elizabeth Hurley after proposing at the Alfred Dunhill Links Championship," a rep for the golf tournament said in a press release.

Hurley had recently been spotted sporting a massive sapphire ring, which is suspected to be her engagement ring.

METRO

Elizabeth Hurley

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ISTOCK PHOTOS

▶ Drinking coffee on a regular basis can keep a smile on your face.

Java keeps you jovial

Harvard study shows coffee drinkers at lower risk of developing depression So, drink up

CELIA MILNE
LIFE@METRONEWS.CA

Go ahead, be happy. Have a cup of java.

A large study at Harvard set out to find whether drinking coffee was associated with depression, as previous studies had hinted. Results were surprising.

"Regular coffee drinkers have a lower risk of developing depression than non-coffee-drinkers," Dr. Albert Ascherio, professor of epidemiology and nutrition at Harvard University school of public health, told Metro.

Researchers analysed records for 50,739 women who participated in the Nurses' Health Study. None of these women had depression at the start of the study in 1996.

What is healthy?

How much coffee is safe for you?

Numbers Health Canada suggests that healthy adults can drink up to three cups of coffee a day.

They were asked how much caffeine they consumed, and they were followed until 2006. In that time, there were 2,607 cases of depression.

They compared women who drank one cup of coffee or less per week to those who drank two to three cups per day, and found the latter had a 15 per cent decrease in risk for depression.

And those who drank a whopping four cups a day were at a 20 per cent decrease in risk.

The authors — not wanting women to start drinking copious amounts of coffee helter skelter —note that these results need to be duplicated in other studies.

"Because of its observational design, this study cannot prove that caffeine or caffeinated coffee reduce the risk of depression, but only suggest the possibility of such protective effect," says Ascherio.

Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

Family First-Aid Essentials Every year more than 3 million Canadians end up in an ER because of an injury, but many of those visits are unnecessary because the injuries may be minor. Writer Michelle Villett checked with leading experts to find out what the essentials are about some of the basic remedies for a family first-aid kit.

For minor cuts and scrapes: Try Polysporin, Bactroban or Ozonol. These topical ointments contain antibiotic ingredients and treat against minor infections.

For minor burns/sunburns: Try Aspirin, Advil, Aleve or Tylenol. Each have different active ingredients but all work by temporarily blocking the body's production of prostaglandins, which activate pain and fever.

For insect stings and minor skin irritations: Try Life Calamine Lotion with Antihistamine, Benadryl Itch Stopping Cream, Cortoderm Ointment. These relieve symptoms of local inflammation.

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3 life

Trends

Contagion freak out

Steven Soderbergh's Contagion has everyone squirming and itching — and for good reason. The movie's deadly pandemic virus is being backed — not snubbed —by scientists at the CDCP (Centers for Disease Control and Prevention). It's modeled on a fatal South Asian infection, Nipah Virus, known to have migrated from animals to people.
METRO

Scientists shake it up in dance video for McGill cancer research centre. Scan this code to read the story and watch the video.

The down side of a downward dog

How does one get through the most unpleasant moments that can kick off in yoga class? We look at what really icks and ticks you off at yoga

ROMINA McGUINNESS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN LONDON

According to Devon Spencer-Smith, yoga instructor at the Rise Movement studio in Los Angeles, the best way to deal with an embarrassing incident during yoga class is to laugh it off. Nevertheless, sometimes you aren't in the mood for the whole soul-loving-searching thing.

Ohm or Um

Why it's an issue: Ohm can be a turn off. The humming rhythmic vibration generally leaves first timers either in a fit of giggles, choking or speechless.

"It's what helps you stay focused and aware of your breath," says David Kim, Yoga instructor at the Yoga Works studio in Los Angeles.

Solution: Most people lack self-awareness and are not aware they are too loud. Kim says the teacher should create an environment that minimizes those opportunities.

Unexpected noises

Why it's an issue: Passing wind in public is bad enough. It's even worse when it happens during a silent yoga class.

"If a student passes gas, ignore it or you risk to embarrass them," says Kim. "Some poses trigger the release of gas, especially twists and inversions that upset digestion."

Solution: Avoid eating two to three hours before a class. And relax. Sometimes the anxiety over trying not to fart makes it happen.

The IMN

Why it's an issue: You got there an hour early to secure the best mat spot—and then IMN (irritating mat neighbour) arrives five minutes into the class, puts their mat an inch from yours and blocks your entire view and wedging his toes in your face.

Solution: The teacher should lay down the law.

"It's only fair to have a 15-minute rule, after which the people aren't allowed in," says Kim of his students.

GETTY IMAGES

I'm calm and relaxed. But get off my mat.

Yoga no nos

Never do the following:

1. **Leave your cellphone on.** You know this. How come your neighbour doesn't?
2. **Skip savasana.** People come to yoga class with a gym-like focus. They want to leave once the 'workout' is over and skip the savasana meditation (lying on your back, palms up and eyes closed). This final relaxation pose is very important to restore the nervous system and calm your mind.
3. **Step on someone's mat.** You wouldn't walk on someone's towel at the beach so why would you step on their yoga mat? Only you know where your feet have been.

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- Energizing and activating the Brain to balance the organ
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Step into Thailand at Juree's

This restaurant combines staples from the country — such as Pad Thai and Tom Khaa Kai Soup — with personal service and a relaxing atmosphere

LUNCH RUSH

ANH CHU
FOOD@METRONEWS.CA

ANH CHU

Pad Thai ($13)

At Juree's Thai Place, the service is personal, the food is fragrant and the atmosphere is zen-like.

The beautifully decorated restaurant on 16th Avenue fills the void of a former fast food chain and gives diners the royal treatment.

We shared a Tom Khaa Kai Soup ($8) with coconut milk, chicken and mushrooms. The tangy soup flavoured with kaffir lime leaves, lemongrass and galangal left a slightly pasty residue on the palate. Also, I found the small bits of lemongrass (which has a tough texture) difficult to manage.

We continued with the Matsaman Curry with beef ($14). The creamy curry with coconut milk, potato, onions and peanuts featured a nice, smooth consistency and a pleasant nuttiness. The earthy, complex flavours were spot on, complementing the fluffy coconut rice well (large, $6).

We ended with Pad Thai ($13), a staple noodle dish. The mild, smooth rice noodles with pork, prawn, tofu and bean sprouts boasted sweet, rather than spicy, tones.

Juree's Thai Place
2055 16 Ave. N.W.
403-264-6477
Social lunch: Yes
Client negotiations: Yes
Reservations: Yes
Price range: $12 - $18
Rating: 4 out of 5

NEWS CANADA

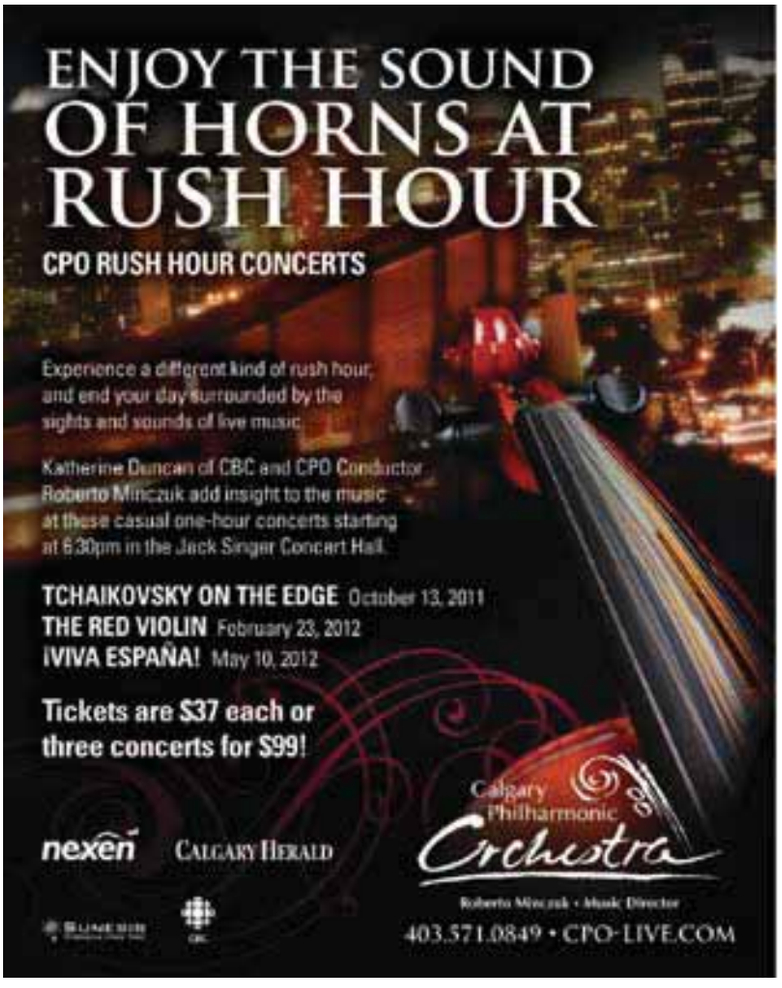
Turkey, Apple & Cheddar Hand Pies

Preparation:

1. In bowl, combine turkey, apple, cheddar, green onion and parsley. Divide mix over four tart shells. Brush tart edges with egg and top with remaining shells. Brush with egg and sprinkle with coarse salt. Using tip of knife, make ventilation slits in the top of each.
2. Bake at 400°F (200°C) until pastry is golden and filling is hot and bubbling, about 35 minutes. Let cool for 5 minutes before serving. **NEWS CANADA**

Ingredients:

- 2 cups (500 mL) shredded, cooked turkey
- 1 apple (peeled, grated)
- 1/2 cup (125 mL) grated sharp cheddar
- 1 green onion, sliced
- 1/4 cup (50 mL) chopped parsley
- 16 3–inch (7.5cm) frozen tart shells, thawed
- 1 egg, lightly beaten
- 1/2 tsp (2 mL) coarse salt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A PROBLEM THAT HAS TROUBLED COUPLES FOR AGES

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@METRONEWS.CA

FOR MORE, VISIT CHARLES MACPHERSON.COM

I'm always arguing with my wife about the remote control in our bedroom. What side of the bed should it stay on and who has control of the channel we are watching?

This problem is in the bedrooms of most Canadians!

I have dealt with this exact issue in the homes of my clients.

The answer is simple — buy two remotes with your TV. Generic remotes from your local hardware or department store are often available.

But now who gets to pick the TV program?

Butlers are wise people but this is a couples problem that only the two of you can resolve.

I would suggest negotiating and playing United Nations in your bedroom. Taking turns every other show or every other day is your choice.

Remember, the nicer you are to your wife, the nicer she will be with you!

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

Date Night

▶ Demi Moore and Patrick Swayze are pictured in a famous scene from the 1990 romantic drama Ghost.

Ideas for your next date

1 Channel your inner artiste
Create your own Patrick Swayze/Demi Moore moment and craft your own piece of pottery. Skip the messy wet clay by visiting a paint-your-own ceramic studio. Don't forget to sign your piece of "art" for an instant family heirloom.

2 Take a staycation!
Act like a tourist in your own town and hop on a city bus tour. (Note: A couple of cocktails before boarding will make any tour more interesting!)

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FEELING HOUSE POOR?

FUN AND FRUGAL

LESLEY SCORGIE
MONEY@METRONEWS.CA

Are your home expenses gobbling up all your money?

Home poverty happens when there's decreased household income, typically from unforeseen unemployment or reduced salary. Other times, people overbuy, thinking that an extra $30,000 wouldn't make much difference or perhaps a person signed up for an overly aggressive payment plan.

Home poverty is stressful because there's little money left over for other things like RRSP contributions, home maintenance, car repairs and vacations. It's also cited as one of the leading causes of spousal spats. The key to getting out of home poverty is increasing your cash flow. To do that, you either need to make more money or cut back on your expenses.

To make more; ask for a raise, work overtime, get a second job, open a small business or do some consulting. Don't forget to apply for all applicable government support and tax breaks (cra.gc.ca).

Making more money takes time, so focus on cutting expenses immediately.

If you're in major financial trouble, you need to make major adjustments. Consider selling your home and buying a more affordable one. Rent out rooms or investigate the legal requirements to transition your basement into a rental unit. If you've got two cars, sell one and share the other with your partner. Or, if you're close to mass transit, get rid of your car. If you've signed up for a luxury vacation, cancel it. If you've got Junior in private school, put him in the public system.

Beware Black October

ON MONEY

ALISON GRIFFITHS
MONEY@METRONEWS.CA

Ghosts and goblins and stock market bears — oh my! Investors should be aware of October's dark forces. It isn't the worst month historically for the stock market (that honour belongs to September), but it is the month of the most memorable stock market drops (see the table above).

One October market stumble that didn't make the list is what is sometimes referred to as the Asian Flu of 1997, which pulled the market into a crevasse on October 27th, 1997.

It was a stomach churning 508 point, one-day drop of over seven per cent.

Another market crash is the dot-com collapse between early 2000 and late 2002. The overall market decline didn't match that of the previous Black Octobers, but the technology laden NASDAQ was hammered, losing nearly 80 percent over 20 months.

By the time the lengthy technology unwinding officially ended early in October, countless portfolios had been shattered by Nortel, JDS Uniphase, Cisco, WorldCom and on and on.

Another October that doesn't rank in the top eight in terms of declines was in 2007. But it fits with other deadly Octobers since that month was the beginning of the U.S. real estate bubble popping. Pulled down by the housing implosion, the S&P 500 dropped steadily before it came to rest at bottom in March 2009.

What lessons can we learn from the past? There's one that pops to mind. Dollar cost averaging is your best friend. This is the practice of buying regularly over time rather than in lump sums here and there. Don't guess which way the market is going. Don't try to time the market and jump in and out of investments.

If you are happy with the quality of your investments (stocks, exchange traded funds, mutual funds or bonds) then buy them regularly over time and you will smooth out the impact of all those nasty Octobers.

ALISON GRIFFITHS IS THE AUTHOR OF THE UPCOMING BOOK COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

Dark days, indeed

Here are eight memorable stop market drops that top the list for the Dow Jones Industrial Average in the season of the pumpkin.

- **October 1987:** -21%
- **October 1929:** -20%
- **October 1907:** -15%
- **October 2008:** -14%
- **October 1932:** -13%
- **October 1917:** -11%
- **October 1937:** -11%
- **October 1930:** -10%

*All figures rounded

ISTOCK

▶ Alison's money rule: October is often brutal on the stock market but you can protect yourself with smart investing practices.

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POPQUIZ

I keep reading news about a slowdown in the US economy – should I sell my investments?

A: Money in America? Is that an oxymoron?

B: You should invest! You can't get the ups without going through the downs.

FIND TIPS & TRICKS
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4 sports

MIKE EHRMANN/GETTY IMAGES

▶ Texas catcher Mike Napoli, right, appeals to an umpire on a check swing from Tampa Bay's Ben Zobrist last night in St. Petersburg, Fla.

ALDS points back in Rangers' favour

Rays lefty, Price, drops to 0-6 lifetime against Texas in nine career starts

Back on the road in the playoffs, the Texas Rangers won again.

Colby Lewis outpitched all-star David Price, Mike Napoli hit a go-ahead two-run homer and the defending AL champions survived a shaky night from the bullpen to hold off the Tampa Bay Rays 4-3 last night in Game 3 of their post-season series.

The Rangers' fourth-straight division series road win matches the third-longest streak in major-league history and gives Texas a 2-1 lead heading into Game 4 today. Texas won three ALDS games in St. Petersburg, Fla., a year ago, when it eliminated Tampa Bay in five games.

RANGERS	RAYS
4	3

Playing in front of the first sellout at Tropicana Field since opening day, Desmond Jennings hit two solo homers for the Rays. Tampa Bay kept it interesting by scoring twice off Rangers relievers before Neftali Feliz got four outs for his second save of the series.

"It was three of the toughest innings that we experienced all year," Rangers manager Ron Washington said of the late-game drama.

Price was the losing pitcher in two of the Rays' playoff losses in 2010 and welcomed the opportunity to try to redeem himself.

The all-star took a 1-0 lead into the seventh, thanks to Desmond Jennings' fourth-inning homer off Lewis.

But Texas third baseman Adrian Beltre singled leading off the seventh against Price. Napoli then lifted a 2-2 pitch into the seats in left-centre for a 2-1 advantage. Josh Hamilton made it 4-1 with a two-run single off reliever J.P. Howell.

"Napoli has just been — this is the year of the Napoli, man," Rays manager Joe Maddon said. "He is just hot. And he got a pitch."

THE ASSOCIATED PRESS

Verlander outduels Sabathia in Tigers' win

Justin Verlander struck out 11 in eight innings and Jose Valverde stopped a Yankees rally for the second-straight night, whiffing Derek Jeter with two on to close out the Detroit Tigers' 5-4 victory over New York last night.

Delmon Young hit a tiebreaking homer in the seventh off Rafael Soriano and the Tigers took a 2-1 lead in the AL playoff, pushing the Yankees to the brink of elimination.

Verlander and Yankees ace CC Sabathia dueled again after their Game 1 matchup was halted early by rain on Friday night.

While Sabathia didn't make it through the sixth, Verlander was still hitting 100 mph on the stadium radar gun in the eighth last night. THE ASSOCIATED PRESS

CARLOS OSORIO/THE ASSOCIATED PRESS

▶ Tigers ace Justin Verlander pitches in Detroit last night.

If today's talks fail, NBA may have to cut games

After a lockout that has lasted more than three months, whether the NBA season starts on time could come down to one "very huge day" in labour talks.

Owners and players will be back for a bargaining session in New York City today, knowing if they fail to produce results, there may not be enough time left to avoid cancelling regular-season games.

"A lot of signs point to tomorrow being a very huge day," players' association president Derek Fisher of the Lakers said. "There will be a lot of pressure on all of us in the room, and we'll accept that responsibility and go in and see what we can get worked out."

The sides met in small groups for about five hours yesterday, a session that deputy commissioner Adam Silver said was mainly about "setting the table" for today. While careful not to put too much pressure on today's talks, he and commissioner David Stern made clear there had to be signs of compromise.

"We both understand that if we don't make our best offers in the next few days, we're going to be at the point where we're going to be causing damage to the game, to ourselves, and they're going to be out paycheques," Silver said.

The league locked out players on July 1. Seeking significant changes after saying they lost $300 million US last season, owners want a new salary cap structure and are seeking to reduce the players' guarantee of basketball revenues from 57 per cent, to perhaps 50 per cent or below. THE ASSOCIATED PRESS

Camp is closed

The NBA regular season is scheduled to open Nov. 1.

▶ Players would have reported to training camps yesterday, but those were postponed and 43 pre-season games scheduled for Oct. 9-15 were cancelled last month.

Quoted

"We played good in the second half to come back and steal it. We have to play better in the first half, we know that. We have to come out and improve next week."

DETROIT LIONS QUARTERBACK MATTHEW STAFFORD YESTERDAY. DETROIT DUG A 27-3 HOLE AT DALLAS AND CAME BACK TO WIN 34-30 SUNDAY, A WEEK AFTER FALLING BEHIND MINNESOTA 20-0 AND WINNING 26-23 IN OVERTIME. THE 4-0 LIONS ARE THE FIRST TEAM IN NFL HISTORY TO RALLY FROM TWO-STRAIGHT 20-PLUS POINT DEFICITS FOR VICTORIES, ACCORDING TO STATS LLC.

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AMERICAN LEAGUE

N.Y. YANKEES (E) VS. DETROIT (C)
(Detroit leads series 2-1)
Last night's result
Detroit 5 N.Y. Yankees 4
Sunday's result
Detroit 5 N.Y. Yankees 3
Tonight's game
N.Y. Yankees (Burnett 11-11 or Hughes 5-5) at Detroit (Porcello 14-9), 8:37 p.m.
Thursday's game
x-Detroit at N.Y. Yankees, 8:07 or 8:37 p.m.
TEXAS (W) VS. TAMPA BAY (WC)
(Texas leads series 2-1)
Yesterday's result
Texas 4 Tampa Bay 3
Tonight's game
Texas (Harrison 14-9) at Tampa Bay (Hellickson 13-10), 2:07 p.m.
Thursday's game
x-Tampa Bay at Texas, 5:07 or 8:07 p.m.

NATIONAL LEAGUE

PHILADELPHIA (E) VS. ST. LOUIS (WC)
(Series tied 1-1)
Sunday's result
St. Louis 5 Philadelphia 4
Today's game
Philadelphia (Hamels 14-9) at St. Louis (Garcia 13-7), 5:07 p.m.
Tomorrow's game
Philadelphia at St. Louis, 6:07 or 8:07 p.m.
Friday's game
x-St. Louis at Philadelphia, 8:07 or 8:37 p.m.
MILWAUKEE (C) VS. ARIZONA (W)
(Milwaukee leads series 2-0)
Sunday's result
Milwaukee 9 Arizona 4
Tonight's game
Milwaukee (Marcum 13-7) at Arizona (Collmenter 10-10), 9:37 p.m.
Tomorrow's game
x-Milwaukee at Arizona, 8:07 or 9:37 p.m.
Friday's game
x-Arizona at Milwaukee, 5:07 or 8:07 p.m.
x — if necessary.

CALENDAR

Oct. 19 — World Series begins, city of NL champion.
October-November — Free agent period to sign exclusively with former teams, first five days after World Series ends.
Nov. 14-15 — General managers' meetings, Milwaukee.
Nov. 15-16 — Owners' meetings, Milwaukee.
Nov. 23 — Last day for teams to offer salary arbitration to their former players who became free agents.
Dec. 5-8 — Winter meetings, Dallas.
Dec. 7 — Last day for free agents offered salary arbitration to accept the offers.
Dec. 11 — Collective bargaining agreement expires.
Dec. 12 — Last day for teams to offer 2012 contracts to unsigned players.
2012
Jan. 5-15 — Salary arbitrating filing.
Jan. 18 — Exchange of salary arbitration figures.

RANGERS 4, RAYS 3

Texas	ab	r	h	bi	Tampa Bay	ab	r	h	bi
Kinsler 2b	4	1	1	0	Jnnngs lf	4	2	2	2
Andrus ss	4	0	2	0	BUpton cf	2	0	0	0
JHmltn lf	4	0	1	2	Longori 3b	3	0	0	0
MiYong dh	4	0	0	0	Joyce rf	3	0	0	0
ABeltre 3b	4	1	1	0	Damon dh	4	1	1	0
Napoli c	3	1	2	2	Zobrist 2b	4	0	1	0
N.Cruz rf	4	0	0	0	Ktchm 1b	4	0	1	0
MorInd 1b	4	0	0	0	Jaso c	2	0	0	0
Gentry cf	3	1	2	0	SRdrgz ph-ss	2	0	1	1
Brignc ss	1	0	0	0					
Fuld ph	1	0	0	0					
Shppch c	1	0	0	0					
Totals	**34**	**4**	**9**	**4**	**Totals**		**31**	**3**	**6**	**3**
Texas					**000**	**000**	**400**	**4**		
Tampa Bay					**000**	**100**	**110**	**3**		

DP—Texas 1. LOB—Texas 7, Tampa Bay 6. 2B—Kinsler (2). HR—Napoli (1), Jennings 2 (2). SB—Kinsler (1), Napoli (1), Gentry 2 (2), B.Upton (1). CS—Gentry (1), B.Upton (2).

Texas	IP	H	R	ER	BB	SO
C.Lewis W,1-0	6	1	1	1	2	6
D.Oliver H,2	1-3	3	1	1	0	0
Ogando H,2	2-3	0	0	0	0	0
M.Adams H,2	1-3	1	1	1	3	0
M.Gonzalez H,1	1-3	0	0	0	0	1
Feliz S,2-2	1	1-3	1	0	0	1
Tampa Bay						
Price L,0-1	6	2-3	7	3	3	1	3
B.Gomes		0	0	1	1	2	0
Howell		0	1	0	0	0	0
J.Cruz	1	1-3	0	0	0	1	1
Jo.Peralta		1	1	0	0	0	0

B.Gomes pitched to 2 batters in the 7th.
Howell pitched to 1 batter in the 7th.
WP—C.Lewis, Feliz, Price.
Umpires—Home, Dale Scott; First, Greg Gibson; Second, Brian Gorman; Third, Marvin Hudson; Right, Kerwin Danley; Left, Mark Carlson.
T—3:51. A—32,828 (34,078).

TIGERS 5, YANKEES 4

New York	ab	r	h	bi	Detroit	ab	r	h	bi
Jeter ss	5	1	2	0	AJcksn cf	1	1	0	0
Grndrs cf	4	1	1	1	RSantg 2b	4	0	2	2
Cano 2b	4	0	0	0	DYong lf	3	1	2	1
AlRdrg 3b	2	0	0	1	MiCarr 1b	2	0	0	0
Teixeir 1b	4	0	0	0	VMrtnz dh	4	0	0	0
Swisher rf	4	0	0	0	Ordonz rf	1	0	0	0
Posada dh	2	1	1	0	Kelly rf	2	1	1	0
ENunez pr	0	0	0	0	JhPerlt ss	3	0	1	1
RMartn c	3	1	0	0	Avila c	3	0	0	0
Gardnr lf	3	0	2	2	Inge 3b	4	2	2	0
Totals	**31**	**4**	**6**	**4**	**Totals**	**27**	**5**	**8**	**4**
New York					**200**	**000**	**200**	**4**		
Detroit					**002**	**011**	**10x**	**5**		

DP—New York 3, Detroit 2. LOB—New York 6, Detroit 7. 2B—Gardner (1), R.Santiago (1), Jh.Peralta (1), Inge (1). 3B—Granderson (1). HR—D.Young (2). SB—E.Nunez (1). S—A.Jackson, Avila.

New York	IP	H	R	ER	BB	SO
Sabathia	5	1-3	7	4	4	6	3
R.Soriano L,0-1	1	2-3	1	1	1	0	1
Robertson		1	0	0	0	0	1
Detroit							
Verlander W,1-0	8		6	4	4	3	11
Valverde S,1-1	1		0	0	0	2	1

HBP—by Robertson (Jh.Peralta), by Verlander (R.Martin). WP—Sabathia.
Umpires—Home, Gerry Davis; First, Dan Iassogna; Second, Ted Barrett; Third, Bill Welke; Right, Eric Cooper; Left, Tony Randazzo.
T—3:14. A—43,581 (41,255).

NFL

WEEK FOUR

AMERICAN CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Buffalo	3	1	0	.750	133	96
New England	3	1	0	.750	135	98
N.Y. Jets	2	2	0	.500	100	95
Miami	0	4	0	.000	69	104

SOUTH

	W	L	T	Pct	PF	PA
Houston	3	1	0	.750	107	70
Tennessee	3	1	0	.750	88	56
Jacksonville	1	3	0	.250	39	85
Indianapolis	0	4	0	.000	63	108

NORTH

	W	L	T	Pct	PF	PA
Baltimore	3	1	0	.750	119	57
Cincinnati	2	2	0	.500	80	74
Cleveland	2	2	0	.500	74	93
Pittsburgh	2	2	0	.500	64	72

WEST

	W	L	T	Pct	PF	PA
San Diego	3	1	0	.750	91	85
Oakland	2	2	0	.500	111	113
Denver	1	3	0	.250	81	111
Kansas City	1	3	0	.250	49	126

NATIONAL CONFERENCE

EAST

	W	L	T	Pct	PF	PA
Washington	3	1	0	.750	83	63
N.Y. Giants	3	1	0	.750	102	87
Dallas	2	2	0	.500	99	101
Philadelphia	1	3	0	.250	101	101

SOUTH

	W	L	T	Pct	PF	PA
New Orleans	3	1	0	.750	127	98
Tampa Bay	3	1	0	.750	84	77
Atlanta	2	2	0	.500	90	105
Carolina	1	3	0	.250	89	102

NORTH

	W	L	T	Pct	PF	PA
Green Bay	4	0	0	1.000	148	97
Detroit	4	0	0	1.000	135	76
Chicago	2	2	0	.500	94	98
Minnesota	0	4	0	.000	77	96

WEST

	W	L	T	Pct	PF	PA
San Francisco	3	1	0	.750	94	75
Seattle	1	3	0	.250	58	97
Arizona	1	3	0	.250	86	87
St. Louis	0	4	0	.000	46	113

Last night's result
Tampa Bay 24 Indianapolis 17
Sunday's results
Atlanta 30 Seattle 28
Baltimore 34 N.Y. Jets 17
Chicago 34 Carolina 29
Cincinnati 23 Buffalo 20
Detroit 34 Dallas 30
Green Bay 49 Denver 23
Houston 17 Pittsburgh 10
Kansas City 22 Minnesota 17
New England 31 Oakland 19
New Orleans 23 Jacksonville 10
N.Y. Giants 31 Arizona 27
San Diego 26 Miami 16
San Francisco 24 Philadelphia 23
Tennessee 31 Cleveland 13
Washington 17 St. Louis 10

CFL

WEEK 15

All Times Eastern

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Montreal	13	8	5	0	406	323	16
Winnipeg	13	8	5	0	317	309	16
Hamilton	13	7	6	0	378	356	14
Toronto	13	3	10	0	263	371	6

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Calgary	13	8	5	0	364	348	16
B.C.	13	7	6	0	367	273	14
Edmonton	13	7	6	0	312	317	14
Saskatchewan	13	4	9	0	275	385	8

Friday, Oct. 7
Winnipeg at Hamilton, 7:30 p.m.
Saturday, Oct. 8
Calgary at B.C., 10 p.m.
Monday, Oct. 10
Toronto at Montreal, 1 p.m.
Saskatchewan at Edmonton, 4:30 p.m.

SCORING LEADERS

(x — scored two-point convert):

	TD	C	FG	S	Pts
Whyte, Mtl	0	41	33	10	150
Medlock, Ham	0	39	33	4	142
McCallum, BC	0	35	33	5	139
Palardy, Wpg	0	27	30	4	121
Paredes, Cal	0	33	24	5	110
Prefontaine, Tor	0	19	25	5	99
Duval, Edm	0	17	14	15	74
Richardson, Mtl	10	0	0	0	60
Schiavone, Edm	0	9	13	2	50
Cobourne, Ham	8	0	0	0	48
T.Edwards, Wpg	8	0	0	0	48
Getzlaf, Sask	8	0	0	0	48
Milo, Sask	0	19	9	1	47
E.Johnson, Sask	0	11	10	5	46
Q.Porter, Ham	7	0	0	0	42
Stala, Ham	7	0	0	0	42
Whitaker, Mtl	7	0	0	0	42
Brown, BC	6	0	0	0	36
Cornish, Cal	6	0	0	0	36
Diedrick, Mtl	6	0	0	0	36
Dressler, Sask	6	0	0	0	36
Foster, BC	6	0	0	0	36
Simon, BC	6	0	0	0	36
Stamps, Edm	6	0	0	0	36
C.Williams, Ham	6	0	0	0	36
Bratton, Mtl	5	0	0	0	30
Bruce, Ham-BC	5	0	0	0	30
Bryant, Cal	5	0	0	0	30
Joseph, Edm	5	0	0	0	30
Kackert, Tor	5	0	0	0	30
x-Messam, Edm	4	2	0	0	26

NHL

PRE-SEASON

Yesterday's result
At Zug, Switzerland
EV Zug 8 N.Y. Rangers 4
Sunday's results
Detroit 3 Pittsburgh 2
Washington 4 Chicago 1
At Bratislava, Slovakia
N.Y. Rangers 4 HC Slovan 1
Today's games
All Times Eastern
Anaheim vs. Jokerit (at Helsinki), 12 p.m.
Los Angeles vs. Hamburg (at Hamburg, Germany), 1 p.m.
Buffalo vs. Adler Mannheim (at Mannheim, Germany), 1:30 p.m.
END OF 2011 NHL PRE-SEASON

TENNIS

ATP-WTA CHINA OPEN

At Beijing
MEN
Singles — First Round
Kevin Anderson, South Africa, def. Andy Roddick (6), U.S., 6-4, 7-5.
Marin Cilic, Croatia, def. Wu Di, China, 6-2, 6-0.
Feliciano Lopez, Spain, def. Marsel Ilhan, Turkey, 6-2, 7-6 (6).
Fernando Verdasco, Spain, def. Michael Llodra, France, 6-2, 6-4.
Florian Mayer, Germany, def. Albert Ramos, Spain, 6-2, 6-4.
Flavio Cipolla, Italy, def. Alexandr Dolgopolov, Ukraine, 6-1, 1-6, 6-0.
Doubles — First Round
Tomas Berdych, Czech Republic, and Florian Mayer, Germany, def. Mariusz Fyrstenberg and Marcin Matkowski, Poland, 7-5, 6-3.
WOMEN
Singles — First Round
Caroline Wozniacki (1), Denmark, def. Lucie Hradecka, Czech Republic, 3-6, 6-0, 7-5.
Zheng Jie, China, def. Alberta Brianti, Italy, 4-6, 6-1, 7-5.
Maria Kirilenko, Russia, def. Julia Goerges, Germany, 7-6 (9), 6-3.
Klara Zakopalova, Czech Republic, def. Nadia Petrova, Russia, 6-3, 6-7 (3), 6-1.
Virginie Razzano, France, def. Gisela Dulko, Argentina, 6-2, 6-3.
Flavia Pennetta, Italy, def. Peng Shuai, China, 7-6 (6), 7-5.
Second Round
Sofia Arvidsson, Sweden, def. Petra Kvitova (5), Czech Republic, 7-6 (8), 4-6, 6-3.
Dominika Cibulkova, Slovakia, def. Francesca Schiavone (7), Italy, 6-2, 6-2.
Ana Ivanovic, Serbia, def. Svetlana Kuznetsova (16), Russia, 6-2, 6-3.
Tamira Paszek, Austria, def. Petra Cetkovska, Czech Republic, 1-6, 6-4, 6-2.
Doubles — First Round
Victoria Azarenka, Belarus, and Maria Kirilenko (5), Russia, def. Monica Niculescu, Romania, and Anastasia Rodionova, Australia, 7-5, 7-6 (3).
Iveta Benesova and Barbora Zahlavova Strycova (6), Czech Republic, def. Sabine Lisicki, Germany, and Sam Stosur, Australia, 7-6 (4), 4-6, 10-7 (tiebreak).
Daniela Hantuchova, Slovakia, and Agnieszka Radwanska (8), Poland, def. Chuang Chia-jung, Taiwan, and Olga Govortsova, Belarus, 7-6 (5), 6-1.
Anabel Medina Garrigues, Spain, and Anastasia Pavlyuchenkova, Russia, def. Nuria Llagostera Vives and Arantxa Parra Santonja, Spain, 7-6 (3), 7-5.
Raquel Kops-Jones and Abigail Spears, U.S., def. Eleni Daniilidou, Greece, and Mariya Koryttseva, Ukraine, 6-2, 7-5.
Hsieh Su-wei, Taiwan, and Galina Voskoboeva, Kazakhstan, def. Vera Dushevina, Russia, and Shahar Peer, Israel, 6-4, 6-3.

ATP RAKUTEN JAPAN OPEN

At Tokyo
Singles — First Round
Mardy Fish (4), U.S., def. Ryan Harrison, United States, 6-4, 3-6, 7-5.
Radek Stepanek (7), Czech Republic. def. Somdev Devvarman, India, 6-4, 6-3.
Matthew Ebden, Australia def. Pablo Andujar, Spain, 6-7 (4), 6-4, 6-4.
Marco Chiudinelli, Switzerland, def. Guillermo Garcia-Lopez, Spain, 6-1, 4-6, 6-4.
Doubles — First Round
Tatsumi Ito and Kei Nishikori, Japan, def. Christopher Kas, Germany, and Alexander Peya (3), Austria, 4-6, 6-4, 10-4 (tiebreak).
Robin Haase, Netherlands, and Viktor Troicki, Serbia, def. Alex Bogomolov, Jr., U.S., and Juan Monaco, Argentina, 6-7 (4), 6-4, 10-5 (tiebreak).

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	32	11	9	12	47	40	45
Philadelphia	31	10	7	14	41	34	44
Columbus	32	12	12	8	38	41	44
Houston	32	10	9	13	40	40	43
New York	31	8	7	16	47	42	40
D.C. United	30	9	10	11	46	46	38
Chicago	31	7	8	16	40	40	37
Toronto	32	6	13	13	33	56	31
New England	31	5	14	12	35	51	27

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-Los Angeles	31	18	3	10	46	23	64
x-Seattle	31	16	6	9	51	33	57
x-Real Salt Lake	31	15	10	6	43	32	51
Dallas	31	13	11	7	36	34	46
Colorado	32	11	9	12	42	40	45
Portland	31	11	13	7	38	44	40
Chivas USA	32	8	12	12	40	39	35
San Jose	31	6	11	14	33	40	32
Vancouver	30	4	16	10	29	50	22

x — Clinched playoff berth.
Note: Three points for a win, one for a tie.
Sunday's results
Portland 1 Vancouver 0
Columbus 2 D.C. United 1
Philadelphia 1 Chivas USA 1
Tonight's game
All Times Eastern
Los Angeles at New York, 8 p.m.
Thursday's game
Real Salt Lake at Vancouver, 9:30 p.m.

ENGLAND

PREMIER LEAGUE

Team	GP	W	D	L	GF	GA	Pts
Man United	7	6	1	0	24	5	19
Man City	7	6	1	0	23	5	19
Chelsea	7	5	1	1	17	8	16
Newcastle	7	4	3	0	9	4	15
Liverpool	7	4	1	2	10	8	13
Tottenham	6	4	0	2	11	10	12
Aston Villa	7	2	5	0	9	5	11
Stoke	7	2	3	2	4	8	9
Norwich	7	2	2	3	7	10	8
Swansea	7	2	2	3	6	9	8
QPR	7	2	2	3	5	13	8
Fulham	7	1	4	2	10	7	7
Everton	6	2	1	3	6	8	7
Wolverhampton	7	2	1	4	6	10	7
Arsenal	7	2	1	4	10	16	7
Sunderland	7	1	3	3	9	8	6
West Brom	7	1	2	4	5	10	5
Wigan	7	1	2	4	5	11	5
Blackburn	7	1	1	5	8	17	4
Bolton	7	1	0	6	9	21	3

Sunday's results
Bolton 1 Chelsea 5
Fulham 6 Queens Park Rangers 0
Swansea 2 Stoke 0
Tottenham 2 Arsenal 1

ITALY

SERIE A

Sunday's results
Novara 3 Catania 3
Cesena 0 Chievo Verona 0
Fiorentina 1 Lazio 2
Lecce 0 Cagliari 2
Palermo 2 Siena 0
Parma 3 Genoa 1
Udinese 2 Bologna 0
Juventus 2 AC Milan 0

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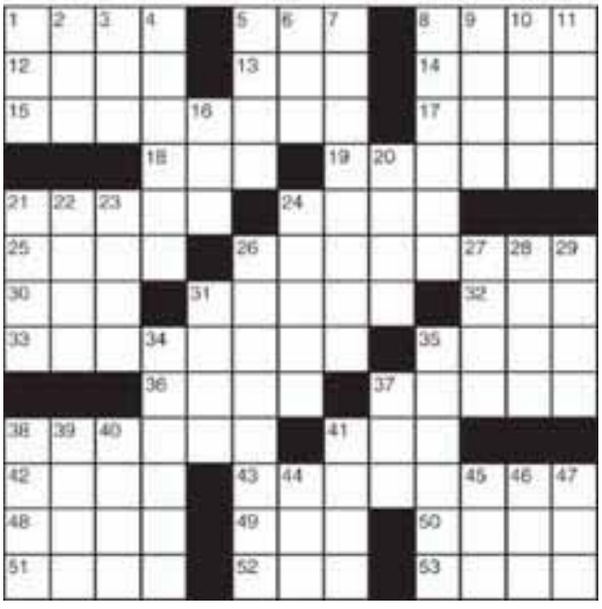
Crossword



Across

1 "Zounds!"
5 Not operating
8 Pump or oxford
12 Long story
13 Squeezing snake
14 Day fraction
15 Athletic awards
17 Deserve
18 Stone in a peach
19 Raspy
21 Induces ennui
24 Half-quart
25 Always
26 Long-short feet, in poetry
30 Started
31 Actor Michael
32 Conk out
33 Woes
35 Paddock papa
36 Requirement
37 Say
38 Carlsbad attraction
41 Sis' counterpart
42 Operatic solo
43 Streetcars of a sort
48 Slapstick arsenal
49 A billion years
50 Concept
51 Vortex
52 Place for 15-Across, maybe
53 "Cut it out!"

Down

1 Superlative suffix
2 Needlefish
3 Past
4 Sharply dressed
5 Last write-up
6 Adversary
7 Couturiers' styles
8 Scabbard
9 Frost
10 Yours and mine
11 Sea eagle
16 Towel designation
20 Formerly
21 Hit hard
22 Finished
23 Change the decor
24 Used a crowbar
26 Having a flair for
27 Rewrite, maybe
28 Green land
29 Crystal gazer
31 Trucker with a radio
34 "— lies the head ..."
35 Emotionless
37 Web address, for short
38 Part of a Superman costume
39 Sahara-like
40 Fought (for)
41 German city
44 Fish eggs
45 Tokyo's old name
46 Longing
47 Took a chair

▶ Yesterday's answer

Sudoku

	2		3	1	8		7	
4								3
		8				6		
7	3		2		9		4	8
				4				
8	4		5		7		2	1
		3				8		
5								9
	8		4	9	5		6	

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

3	6	2	4	5	1	8	7	9
5	9	4	7	3	8	1	2	6
1	8	7	6	9	2	4	5	3
8	7	6	9	2	4	3	1	5
4	5	3	1	8	7	6	9	2
2	1	9	3	6	5	7	4	8
7	2	5	8	4	3	9	6	1
6	3	1	5	7	9	2	8	4
9	4	8	2	1	6	5	3	7

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Julien
Hey you, I just wanted to let you know that each day I spend with you is the best day. I miss you the second you leave. Lots of special kisses & hugs. xo
FROM MAH

Chelsea (cupcake)
No matter where you are, or what your doing I will always be here for you. I spent my whole life giving up, I'm not giving up on you. You mean so much to me, and all I ever wanted to do was make you happy and see you smile. I'll never be mad at you, and having you in my life means so much. We have some history. Moments Frozen in Time. I Love you, your my bestest friend! Always xo
FROM J.J. MUFFIN

L..ife
lost without you...missing you a lot.
FROM LOST SMILE

A look at the weather

TODAY	WEDNESDAY	THURSDAY
Min 8° Max 14°	Min 4° Max 12°	Min 7° Max 17°

Andrew Schultz, Meteorologist
"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30 A.M.**

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 You are about to make a huge decision. Don't worry that you might get it wrong.

♉ Taurus April 21-May 21 There is a lot of tension in the air and it won't depart until Thursday.

♊ Gemini May 22-June 21 You can be quite emotional at times and that side of your personality will be to the fore today.

♋ Cancer June 22-July 22 It might be wise to play safe, for now.

♌ Leo July 23-Aug.23 You may be a life-affirming Leo but a little caution is no bad thing.

♍ Virgo Aug. 24- Sept. 22 Set the record straight about what you've been up to and to point out how critics have jumped to conclusions a bit too easily.

♎ Libra Sept. 23-Oct. 23 You must tell the truth today, even if by doing so you cause yourself a certain amount of grief.

♏ Scorpio Oct. 24-Nov. 22 Why do you fear the worst for no good reason?

♐ Sagittarius Nov. 23-Dec. 21 Important arrangements may have to be changed at the very last moment but you will profit in numerous ways.

♑ Capricorn Dec. 22-Jan. 20 What you gain over the next few days will more than make up for what you have lost in recent weeks.

♒ Aquarius Jan. 21-Feb. 18 A relationship that has fallen into a rut of late can be re-energized.

♓ Pisces Feb. 19-March 20. You don't have to be completely open about what you are doing — it's probably best to play your cards close to your chest.

SALLY BROMPTON

Caption contest

VADIM GHIRDA/THE ASSOCIATED PRESS

THEMBA HADEBE/THE ASSOCIATED PRESS

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Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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